



Star-K List of Popular Cereals and their Brachos

Last Updated: December 2011

2012

1 of 2

	Cereal Name	Status	Brocha	Brocha Achrona		Cereal Name	Status	Brocha	Brocha Achrona
Barbara's Bakery when bearing OU	Honey Rice	Pareve	Mezonos	Borai Nefashos	Kashi (continued) when bearing OU	Go Lean (Original)	Pareve	Hoadama	Borai Nefashos
	Puffins (Original, Cinnamon, Peanut Butter)	Pareve	Shehakol	Borai Nefashos		Go Lean Crisp!	Pareve	Mezonos	Al Hamichya
	Shredded Oats	Pareve	Mezonos	Al Hamichya		Go Lean Crunch!	Pareve	Mezonos	Al Hamichya
	Shredded Spoonful	Pareve	Mezonos	Al Hamichya		Good Friends	Pareve	Hoadama	Borai Nefashos
Cascadian Farms when bearing OU	Chocolate O's	Pareve	Mezonos	Al Hamichya		Heart to Heart (All)	Pareve	Mezonos	Al Hamichya
	Multi Grain Squares	Pareve	Mezonos	Al Hamichya		Strawberry Fields	Pareve	Mezonos	Al Hamichya
	Purely O's	Pareve	Mezonos	Al Hamichya	All Bran - Bran Buds	Dairy	Shehakol	Borai Nefashos	
	Raisin Bran	Pareve	Mezonos	Al Hamichya	All Bran - Original	Pareve	Shehakol	Borai Nefashos	
General Mills when bearing OU	Basic 4	Dairy	Mezonos	Al Hamichya	All Bran Complete Oat Bran Flakes	Pareve	Mezonos	Al Hamichya	
	Cheerios (Original, Apple Cinnamon, Frosted, Honey Nut, Multigrain, Oat Cluster Crunch)	Pareve	Mezonos	Al Hamichya	All Bran Complete Wheat Bran Flakes	Pareve	Mezonos	Al Hamichya	
	Cheerios - Cinnamon Burst	Pareve	Shehakol	Borai Nefashos	Apple Jacks	Pareve	Mezonos	Al Hamichya	
	Cheerios - Fruity	Pareve	Shehakol	Borai Nefashos	Cinnabon Crunchy Cinnamon Cereal	Dairy	Mezonos	Al Hamichya	
	Cheerios (Banana Nut, Chocolate)	Pareve	Shehakol	Borai Nefashos	Cocoa Krispies	Pareve	Mezonos	Borai Nefashos	
	Cheerios -Yogurt Burst	Dairy	Mezonos	Al Hamichya	Corn Flakes	Pareve	Hoadama	Borai Nefashos	
	Chex- Wheat	Pareve	Mezonos	Al Hamichya	Corn Pops (U.S.)	Pareve	Hoadama	Borai Nefashos	
	Chex - Rice	Pareve	Mezonos	Borai Nefashos	Cracklin' Oat Bran	Dairy	Mezonos	Al Hamichya	
	Chex (Chocolate, Cinnamon)	Dairy	Mezonos	Borai Nefashos	Crispix - All	Pareve	Mezonos and Hoadama*		
	Chex (Corn, Honey-Nut, Multi-bran)	Pareve	Shehakol	Borai Nefashos	Crunchy Nut - Roasted Nut & Honey	Pareve	Shehakol	Borai Nefashos	
	Cinnamon Toast Crunch, All	Dairy	Mezonos	Al Hamichya	Froot Loops	Pareve	Mezonos	Al Hamichya	
	Cocoa Puffs	Pareve	Shehakol	Borai Nefashos	Frosted Flakes	Pareve	Hoadama	Borai Nefashos	
	Cookie Crisp	Pareve	Shehakol	Borai Nefashos	Fruit Harvest-Strawberry Blueberry	Pareve	Mezonos	Al Hamichya	
	Fiber One (Original)	Pareve	Mezonos	Al Hamichya	Honey Smacks	Pareve	Mezonos or Hoadama**	Borai Nefashos	
	Golden Grahams	Dairy	Mezonos	Al Hamichya	Lowfat Granola with Raisins	Dairy	Mezonos or Hoadama**	Borai Nefashos	
	Honey Nut Clusters	Dairy	Mezonos	Al Hamichya	Lowfat Granola without Raisins	Dairy	Mezonos or Hoadama**	Borai Nefashos	
	Kix (Original, Berry Berry)	Pareve	Shehakol	Borai Nefashos	Mueslix	Pareve	Mezonos	Al Hamichya	
	Oatmeal Crisp, All	Dairy	Mezonos	Al Hamichya	Product 19	Pareve	Mezonos	Al Hamichya	
	Raisin Nut Bran	Dairy	Mezonos	Al Hamichya	Raisin Bran	Pareve	Mezonos	Al Hamichya	
	Reese's Puffs	Pareve	Shehakol	Borai Nefashos	Raisin Bran Crunch	Pareve	Mezonos	Al Hamichya	
	Total (All)	Dairy	Mezonos	Al Hamichya	Rice Krispies	Pareve	Mezonos	Borai Nefashos	
	Trix	Pareve	Shehakol	Borai Nefashos	Smart Start	Pareve	Mezonos	Al Hamichya	
	Wheaties	Dairy	Mezonos	Al Hamichya	Special K (Original)	Dairy	Mezonos	Borai Nefashos	
	Kashi when bearing OU	7 Whole Grain Puffs	Pareve	Hoadama	Borai Nefashos	Special K (Chocolatey Delight, Fruit and Yogurt)	Dairy	Mezonos	Al Hamichya
		7 Whole Grain Flakes	Pareve	Mezonos	Al Hamichya	Special K (Cinnamon Pecan, Multigrain Oats and Honey)	Pareve	Mezonos	Al Hamichya
		7 Whole Grain Nuggets	Pareve	Mezonos	Al Hamichya				
Autumn Wheat		Pareve	Mezonos	Al Hamichya					



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2 of 2

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Kemach when bearing the Symbol of Rabbi N.N. Horowitz and OK	Bran Flakes	Pareve	Mezonos	Al Hamichya	Post (continued) when bearing OK	Great Grains (Cranberry Almond Crunch, Crunchy Pecans, Raisins Dates & Pecans)	Dairy	Mezonos	Al Hamichya
	Bunch -O- Krunch	Pareve	Shehakol	Borai Nefashos		Grape Nuts	Pareve	Mezonos	Al Hamichya
	Cocoa Munchees	Pareve	Shehakol	Borai Nefashos		Honey Bunches of Oats (Honey Roasted, Raisin Medley, With Almonds, With Peaches, With Strawberries, With Vanilla Bunches, With Cinnamon Bunches, With Pecan Bunches)	Dairy	Mezonos	Al Hamichya
	Corn Flakes	Pareve	Shehakol	Borai Nefashos		Honeycomb	Pareve	Shehakol	Borai Nefashos
	Crispy Rice	Pareve	Mezonos	Borai Nefashos		Honeycomb-Cinna-Graham	Pareve	Shehakol	Borai Nefashos
	Fruit Whirls	Pareve	Mezonos	Al Hamichya		Maple Pecan Crunch	Dairy	Mezonos	Al Hamichya
	Honey Frosted Crunch	Pareve	Mezonos	Al Hamichya		Raisin Bran	Pareve	Mezonos	Al Hamichya
	Honey Nut Toasted Oats	Pareve	Mezonos	Al Hamichya		Shredded Wheat (Honey Nut, Original, Original Spoon Size, Wheat 'N Bran)	Pareve	Mezonos	Al Hamichya
	Raisin Bran	Pareve	Mezonos	Al Hamichya		Waffle Crisp	Dairy Equipment	Mezonos	Al Hamichya
	Sugar Frosted Flakes	Pareve	Shehakol	Borai Nefashos		Cap 'N Crunch	Dairy	Shehakol	Borai Nefashos
	Sugar Puffed Wheat	Pareve	Mezonos or Hoadama**	Borai Nefashos		Cap 'N Crunch - Crunch Berries	Dairy	Shehakol	Borai Nefashos
	Toasted Oats	Pareve	Mezonos	Al Hamichya		Cap 'N Crunch - Peanut Butter	Pareve	Shehakol	Borai Nefashos
	Whole Wheat Flakes	Pareve	Mezonos	Al Hamichya		Crisp Rice	Pareve	Mezonos	Borai Nefashos
Malt-O-Meal when bearing OU	Apple Zings	Pareve	Mezonos	Al Hamichya	Quaker when bearing OU	Crunchy Corn Bran	Dairy Equipment	Shehakol	Borai Nefashos
	Blueberry Muffin Tops	Dairy	Mezonos	Al Hamichya		Life (Original)	Pareve	Mezonos	Al Hamichya
	Colossal Crunch	Pareve	Shehakol	Borai Nefashos		Oatmeal Squares	Dairy Equipment	Mezonos	Al Hamichya
	Crispy Rice	Pareve	Mezonos	Borai Nefashos		Puffed Rice	Pareve	Mezonos	Borai Nefashos
	Dyno-Bites (Cocoa, Fruity)	Pareve	Mezonos	Borai Nefashos					
	Honey Nut Scooters	Pareve	Mezonos	Al Hamichya					
	Raisin Bran	Pareve	Mezonos	Al Hamichya					
	Toasty O's (All)	Pareve	Mezonos	Al Hamichya					
	Tootie Fruities	Pareve	Mezonos	Al Hamichya					
Post when bearing OK	Alpha Bits	Pareve	Mezonos	Al Hamichya					
	Banana Nut Crunch	Dairy	Mezonos	Al Hamichya					
	Bran Flakes	Pareve	Mezonos	Al Hamichya					
	Cocoa Pebbles	Pareve	Mezonos	Borai Nefashos					
	Fruity Pebbles	Pareve	Mezonos	Borai Nefashos					
	Golden Crisp	Pareve	Mezonos or Hoadama**	Borai Nefashos					

*One Crispix should be split. Recite *Mezonos* and eat the darker half (rice) first. Then recite *Hoadama* and eat the lighter half (corn).

**As indicated in *Igros Moshe OC 4:45* one may recite either a *Mezonos* or a *Hoadama*. See *Kashrus Kurrents* article for the explanation.

NOTE:

1. Check packaging for kosher symbols. Due to possible future changes in formulations, this list should only be used through 2012. Check with Star-K www.star-k.org for future updates. Also note, some cereals with Kosher certification were omitted from this list, as we were unable to obtain enough information to determine the correct *Brocha*.

2. We recommend reading the "Brochos for Breakfast" article in this edition of *Kashrus Kurrents* for the following important information:

- a) Understanding *Hilchos Brachos* and cereal production.
- b) How much and how quickly one must eat to recite a *bracha achrona*. See Section IV
- c) In which cases a *borai nefashos* is recited on "al hamichya" cereals. See Section IV – second paragraph